

Are you thinking about quitting tobacco?

2022 Tobacco Quitting Info Sessions

Come learn what's available in Nebraska and locally to help you quit.

You'll also find out about two tobacco quitting programs:
Beat the Pack™ & Freedom from Smoking

Tobacco Quitting Info Sessions are free.

Choose Any 45-minute Session at 4:00pm on the first Thursday of each month at Four Corners Health Department:

January 6
February 3
March 3
April 7
May 5
June 2

July 7
August 4
September 1
October 6
November 3
December 1

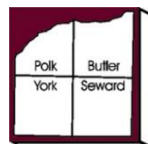
Call for registration. Can participate via Zoom or in-person.

For location changes or to register, please contact:

Four Corners Health Department

402-362-2621 or 877-337-3573

angeld@fourcorners.ne.gov



**Four Corners
Health Department**



Public Health
Prevent. Promote. Protect.

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